

School Health Advisory Committee (SHAB)
February 27, 2006
Minutes

Those present:

Mary Anne Spinella
Carol Lysher
Carol Dexter

Mary Anne Wall
Kathy Whitby
Barbara St. Martin

1. Update Mary Anne Wall's email as it is not accurate.
2. Provide a list of SHAB members to all members; this was left out of the first packet.
3. (MA Spinella) Peer Mediation Day was held February 3rd. Nearly 200 elementary and middle school students, along with their counselors attended. The purpose of the event was to train student mediators to use practical mediation techniques. This year's guest speaker was our Superintendent, Dr. Jean Murray. Student mediators are selected by school counselors and are trained to work with other students in solving disputes or differences of opinion. Students participated in workshops such as understanding the mediation process, understanding another's perspective, reaching consensus and listening skills.
4. (Kathy Whitby) Proposed nurses salary increase:
 - * 7% plus 2.5% is in the Superintendent's proposed budget
 - * nurses plan to speak during the Feb. 28 Public Budget Hearing to the School Bd.
 - * more than half of our nurses have a Bachelors, 2 have a Masters'
 - * Other topics of discussion, for nurses salary, nurses on teacher's salary, current salary is 30% less than teachers, previous PT time may not count, takes 16 years to make what a teacher makes, the Clerk of the Court announcement salary is \$31,000 requiring a high school diploma
5. (Kathy Whitby) HIV Education:
 - * take each child case by case with a health services care plan
 - * law indicates that disclosure is not mandatory
 - * we have universal precautions in place
 - * Instruction occurs at 6th and 10th grade in health class (etiology, transmission and effects)
6. (Carol Lysher) Update on Wellness Policy (Physical activity and Physical Education) **SEE NEXT PAGE**

Physical Activity and Physical Education

Draft Guidelines

1. Schools should ensure that every student from kindergarten through 10th grade receives regular, age-appropriate quality physical education.
2. Schools should facilitate students' participation in at least 30 minutes of moderate to vigorous physical activity in accordance with nationally recommended guidelines while in P.E.
3. All physical education classes should be taught by certified physical education teachers.
4. Physical education should be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried out over the course of students' lives.
5. Physical education should provide safe and satisfying physical activity for all students, including those with special needs.
6. Whenever possible, elementary schools should provide daily recess that encourages physical activity for 30 minutes a day with 20 minutes on the day of regular physical education.
7. Schools should not use non-participation in physical education classes or recess as a way to punish or discipline students.
8. Schools should ensure that students have adequate space and equipment to participate in structured physical activity.
9. Schools should ensure that physical activity facilities on school grounds are kept safe and well-maintained.
10. Schools should provide information to parents to help them promote and incorporate physical activity and health eating into their children's lives.

Next meetings: March 27, 2006 3:30 Bandy Building
April 24, 2006 3:30 Bandy Building